

# Keto Ranch BLT Lettuce Wrap

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 7.5 g, Fiber: 3.4 g, **Net carbs: 4.1 g**,

Protein: 11.9 g, Fat: 19.6 g, Calories: 244 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 1 serving)

### Lettuce Wrap (Unwich):

- 3-4 leaves leaf lettuce (60 g/ 2.1 oz)
- 2 slices cooked bacon (32 g/ 1.1 oz)
- 2-3 slices tomato (50 g/ 1.8 oz)
- 1/4 small avocado, sliced (25 g/ 0.9 oz)

### Quick Ranch Dressing:

- 1 tbsp [mayonnaise](#) (15 g/ 0.5 oz)
- 1 tsp lemon juice
- 1 tsp dried parsley
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- pinch sea salt and black pepper

*Note: You can make 4-8 servings the Ranch and keep sealed in the fridge for up to 5 days.*

## Instructions

1. Mix the ranch ingredients together in a small bowl or jar.
2. Place a piece of parchment or aluminum foil down. Place the lettuce on top in a single layer slightly overlapping. Drizzle with ranch.
3. Top with bacon, tomato, ... and avocado.
4. Roll the wrap like you would a sushi roll pulling the parchment up and out as you fold it over so you're not tucking the paper into the wrap.
5. Roll tightly tucking in the edges as you go.
6. Once wrapped cut in half with a sharp knife. To eat simply pull the parchment away like you would when eating a burrito.

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